

# Integration of Body Mind and Spirit Through Body Movement

A 7 week workshop designed to assist you in exploring and honoring your own inner experience as you strive to become more integrated in the various aspects of your being. The opportunity to share and engage in expressive body movement will help you to:

- *Enhance your body awareness*
- *Develop greater emotional clarity*
- *Embrace the healing power of spirit*
- *Grow in inner Freedom*

Monday 12:00 (noon) to 1:00 PM

Annex Z (2090 Mackay) Room 05

Beginning January 30, 2006

CO-facilitators of workshop:

Michelina Bertone, SSA & Dayna Kneeland

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